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SAN JOSE DISTRICT OFFICE
100 PASEO DE SAN ANTONIO, SUITE 209
SAN JOSE, CA 95113
(408) 286-8318

GILROY DISTRICT OFFICE
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GILROY, CA 95020
(408) 847-6101

California State Senate

SENATOR ELAINE KONTOMINAS ALQUIST
THIRTEENTH SENATE DISTRICT

CHAIR
HEALTH
SUBCOMMITTEE ON AGING
& LONG-TERM CARE
SELECT COMMITTEE ON
EMERGING TECHNOLOGIES &
ECONOMIC COMPETITIVENESS

Dear Friend:

You are invited to attend a **FREE Women's Health Forum, "Living Well to Live Longer," on Saturday, February 6, 2010 at the Sunnyvale Senior Center from 9 am to 12:30 pm.**

"Living Well to Live Longer" will focus on providing information on managing women's chronic conditions and improving senior health.

At the health forum, you can:

- Get advice on the most common health issues;
- Receive **FREE** medical screenings and services on blood pressure, bone density, cholesterol and glucose;
- Visit information booths to learn more about nutrition, fitness and healthy awareness;
- Participate in a discussion about current and future health care issues.

This event is **FREE**, so come and join the Women's Health Forum for a stronger and healthier lifestyle.

Please sign up early **by filling out and returning the attached pre-registration form as soon as possible.** For more information about the Women's Health Forum, please call 408.286.8318.



WOMEN'S HEALTH FORUM

Saturday, February 6, 2010 ♦ 9 am – 12:30 pm

Sunnyvale Senior Center ♦ 550 E. Remington Drive, Sunnyvale

refreshments will be served ♦ for more information please call 408.286.8318

Living Well to Live Longer

please indicate which **FREE** health screenings you are interested in:

- ☐ bone density
- ☐ glucose
- ☐ blood pressure
- ☐ dental exam
- ☐ cholesterol
- ☐ body mass index
- ☐ eye exam

for more information,
please call 408.286.8318

Pre-Registration Form

please fill out and return this form
before February 3, 2010

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

PHONE _____

EMAIL ADDRESS _____

detach & return to:
Senate District Office
100 Paseo de San Antonio, Suite 209, San Jose CA 95113



Living Well to
Live Longer

CALIFORNIA LEGISLATURE
Senator Elaine Kontominas Alquist
100 Paseo de San Antonio, Suite 209
San Jose, CA 95113

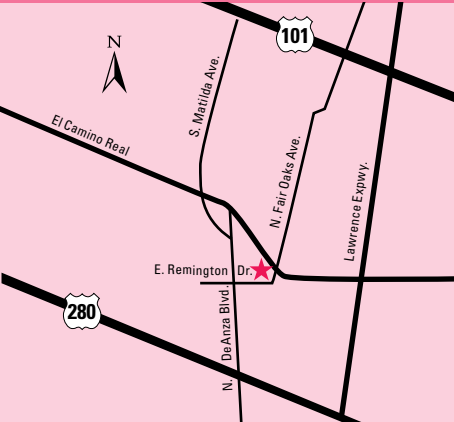
Women's Health Forum

Saturday, February 6, 2010 ♦ 9 am – 12:30 pm



You are invited to attend...

Sunnyvale Senior Center
550 E. Remington Drive
Sunnyvale, CA 94087



place
first class
postage
here

SENATE DISTRICT OFFICE
100 Paseo de San Antonio, Suite 209
San Jose, CA 95113-1402

